

GN Equestrian Coaching Newsletter



May - June 2010

News!

Hi Everyone,

So, the competition season is in full swing, and it's great to see so many of you out there having a go and getting such amazing results.

CONGRATULATIONS to you all!!!

I will be available for lessons on PRARG's super instruction day June 12th.
Booking form is in this newsletter or go to www.prarg.com.au Send in ASAP!!!

Woo hooo, the website www.gnequestrian.com is up and running and the feedback has been amazing. Everyone really seems to like the setup that Kristen from "Kristen's Web Design" has made, including me :o)))

The photos of students and the testimonials page have been especially popular.

I would like to say a huge THANK YOU to those of you who has sent the testimonials through. To say that, that kind of feedback has been inspiring is an understatement!!! Keep them coming :o))) There's also a "FOR SALE" page. Here you will find both horses and gear. If you have anything you want added to the for sale page, email me and we'll get it on there. The website will be updated regularly with photos, news and sale items so check in frequently.

Don't forget The Queensland Festival of Dressage on the 3rd of July. Info can be found on www.qlddressagefest.com

I hope you will find this newsletter informative and fun..... Remember to let me know of anything you might like to see/discussed/be informed about in here.

Enjoy and I look forward to seeing you at your next lesson!

Cheers Gitte

IT'S BACK - INSTRUCTION DAY - No 3 for 2010

**When - Saturday 12 June,
Sunday 13th June half day**

Venue: PRARG Grounds, Cnr. Olson & Teviot Roads, North Maclean

Entries close: Friday 4th June, 2010

Booking details: Cheques made payable to PRARG, entry's send to PRAR C/-72 Heins Rd Bahrs Scrub 4207, PRARG vouchers can be used towards lesson payment. Direct Debit details – contact Kay at prarginc@iprimus.com.au. Receipt and reference of payment to be attached with booking form.

Enquiries: Jackie – 38075985 email: jackiecollins62@msn.com

Lesson Fees:

Jeanette Bourke -	\$40 per 1hour starting (8am)
Jacqui Huppert -	\$66 per 45minutes starting (8am)
Gitte Neergaard -	\$55 per 1hour starting (8am)

General: Lessons will commence at 8am with late afternoon available if required. It will be strictly first come first served basis. We will try and accommodate preferred times as much as is practicable.

MONEY MUST ACCOMPANY BOOKINGS – PRARG members have priority as school is open to non PRARG EFA members.

Preferred Instructor and Time:

1. name _____ Time
2. name _____ Time

Your name:..... **Phone:**.....

Address (if not member).....

Email address:..... **EFA No if not PRARG member**.....

TOTAL ENCLOSED \$.....

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Queensland Festival of Dressage – NOT TO BE MISSED!

It's on again!

Saturday 3 July 2010

Pine Lodge Equestrian Centre, Thornlands QLD

- ~ 20 ridden demonstrations
- ~ 11 Education Seminars
- ~ Stallion Display
- ~ Fashion Parade
- ~ Silent Auctions
- ~ Trade Village

Check out the Program below! **See you there!**

8:30am - Opening Address in the Main Arena

Early Morning Session (8:35am - 10:30am)

Seminar Centre

- Riding And The Importance of Core Strength - Personal Trainer _
- Riding Under Pressure - Sports Psychologist _



Main Arena

- Pas De Deux Performance - *Jocelyn Hutton & Jayden Brown*
- How TO and NOT TO Ride a Test - *Liz Owens*
- Dressage Isn't Just For Warmbloods - *Gary Lung*
- From Breaking In to the First Competition - *Tor van den Berge*

Late Morning Session (10:30am - 12 Midday)

Seminar Centre

- Dressage Horses - Are they Born or Made? - *Paula Price*
- Question and Answer with Equine Nutrition Expert - *Liz Owens*

Main Arena

- How to Ride a Horse "On the Bit" - *Nicole Magoffin*
- Explaining and Developing the Half-Halt - *Nicole Tough*

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Queensland Festival of Dressage

12 Midday - Fashion Parade In The Garden

Early Afternoon Session (12:45pm - 3:00pm)

Seminar Centre

- Presenting for the Dressage Arena - *Jocelyn Hutton*
- Dressage Judging Explained - *Sue Bright & Lesley Sullivan*
- How Do Horses Learn? - *Anjanette Harten*



Main Arena

- Quadrille to Music - *Lindal Binch, Jeanette Bourke, Danielle Dowsett & Amy Zeller*
- Why is the Rider's Position Important? - *__*
- Constructing a Freestyle - *Fortissimo Freestyles*
- Freestyle Performance - *Jessica Greelish*
- Turning your Movements from 5's into 7's - *Jayden Brown & Gary Lung*
-

Late Afternoon Session (3:00pm - 5:00pm)

Seminar Centre

- Loading, Floating and Travelling - *Claire Wallace*
- Careers in the Industry - *Leasa Stephen & Anita Scampton*
- Explaining the New Grading Points System - *Lesley Sullivan & Jenny Rykoff*

Main Arena

- Different Frames for Different Levels - State Coach *Carlos de Cleermaecker*
- Young Rider Pas De Deux Performance - *Victoria Welch & Elliot Patterson*
- Tips for Developing Impulsion and Engagement - *Jenny Gehrke*

5:00pm - Stallion Parade in the Main Arena

Evening Entertainment in the Main Arena (5:40pm - 7:00pm)

- Dressage Bloopers - *Naomi O'Farrell, Jacqui Huppert, Jenny Rykoff & Gary Lung*
- FEI Extravaganza - Commentator *Denise Rogan*
- Meet the 2010 QLD State Dressage Squad
- Announce winner of Raffle Lesson with State Coach *Carlos de Cleermaecker*
- ANNOUNCE SILENT AUCTION WINNERS
- Grand Finale - Grand Prix Kur - *Emma Flavelle*

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Rider of the Month: May

CONGRATULATION goes to... David Glover! For his commitment to his growth and fitness as a rider.



Rider of the Month: June

CONGRATULATIONS goes to...Jess Dowie! For riding her best test ever!



Both of these riders will receive a GN Equestrian Coaching Rider of the Month certificate and "Guylian" chocolates! Well Done!

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Part Two:

The Training Scale in Daily Practise – Klaus Balkenhol

“Sensitive” is a key word in Balkenhol’s training system. Anyone who observes the master at his work will see what he means by it. Whether applying leg, weight, or rein aids, or a tap with the whip – all must be applied clearly and sensitively. If it is necessary to repeat them, these aids may promptly be given more energetically. For instance, if the horse doesn’t respond instantly and willingly to the quiet and gentle forward-driving leg aid, it should be followed by a more demonstrative and energetic leg aid or a tap with the whip.

However, the rider must then immediately praise the horse as soon as he moves forward. “It’s important that a horse understands what he’s supposed to do,” explains Balkenhol. “He must understand how to react to a certain aid. He won’t learn to understand the aid if he is punished or pestered incessantly. Instead, tell him briefly and very clearly what to do, and then – when the horse reacts in the correct way – praise him immediately. This way the horse remains (or becomes) sensitive, and you will establish a means of communicating with him other than force.”

Depending on the type of horse one works with, Balkenhol recommends employing slightly differing approaches. A horse that is overly eager and tends to run out from under the rider must first learn to accept the half-halts – he must respond to the rein aid instead of running away from it. Only through half halts can one control the horse’s basic impulsion and desire to go forward. Movements recommended in this case are leg-yielding, shoulder-in and extensive work at the canter.

A lazy horse must always be brought back to the basics – i.e. he must continually be worked toward achieving rhythm, suppleness, relaxation and contact. In addition, the rider should try to find the causes for the horse’s behaviour. Has the horse always been lazy or could he be developing an illness? Does his saddle fit correctly? Is the horse simply rather phlegmatic and sluggish by nature? If, however, there are no health issues, the rider’s priority should be to teach the horse to respond sensitively to the aids.

Schoffmann, B 2007, [Klaus Balkenhol – The Man and His Training Methods](#), Trafalgar Square Books, Vermont USA.

For those of you interested in reading more from this brilliant book, check out

www.amazon.com/Klaus-Balkenhol-Man-Training-Methods/dp/157076378X/ref=sr_1_1?ie=UTF8&s=books&qid=1257208944&sr=1-1

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An overview of the New Grading System:

This is just an overview – if you have any comments/feedback/suggestions – contact Lesley Sullivan – lsullivan11@optusnet.com.au

The Australian Dressage Committee in conjunction with the State Dressage Authorities will be introducing a new grading system effective from 1/7/10. About the new system:

- Based purely on performances
- Placings will not count for grading
- Preliminary and novice horses are again separate
- Horse/ponies are only upgraded once they have gained 30 upgrading points in a higher level than their grading

How will it work:

- On 1/7/10 a horse/pony will be graded at its current level ie elementary with no grading points
- The horse/pony continues to compete in elementary until such time as it gains 30 upgrading points that have been gained successfully at a higher level than elementary ie medium or above.
- Once horse/pony has gained 30 upgrading points at a higher level than it is graded then the horse/pony will be upgraded to the next level ie medium. After upgrading the horse/pony has zero points and zero upgrading points until it competes at a higher level ie Advanced.

Awarding of points:

- Grading points are awarded on percentage only (not placing) and only OFFICIAL COMPETITIONS and excluding Freestyle/Young Rider/Young Horse/Associate/Interschool

Between 60% to 61.999% = 1 point

Between 62% to 63.999% = 2 points

Between 64% to 65.999% = 3 points

Between 66% to 67.999% = 4 points

Between 68% to 69.999% = 5 points

Between 70% to 71.999% = 6 points

72% and over = 7 points.

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An overview of the New Grading System:

OTHER RULE CHANGES:

- **HC** – amend to read “horses/ponies may compete HC at any level”.
- **Downgrading** – You may have been upgraded too quickly in the recent past. Some horses have actually upgraded from say novice to half way through Elementary without even an elementary start. If you find yourself in this sort of position you need to apply to your SDA for a down grade, stating the reason for your application. Downgrading applies only to those graded elementary and above. If approved a horse/pony will be downgraded a maximum of three levels eg Advanced to Novice. It may occur more than once in a horse/pony life time but not more than once in a two year period. The down grading only refers to a horse/rider combination as requested.



Feedback on the newsletter is always appreciated!

Cheers and happy riding,

Gitte